


# No pain, no gain

The following 13 spas look restful enough, but in fact they offer the world's most extreme treatments, from a water-cannon massage to Ayurvedic nose enemas. Rachael Philipps takes a pounding

## Go au naturel in the mountains for a naked massage

Nestled in the forests above Santa Fe, New Mexico, the Ten Thousand Waves spa has been offering top-notch spa treatments for more than 20 years. Therapists still sport ponytails and sandals, and talk enthusiastically about energy lines and past lives. But don't let that put you off. Order a full-on Masters Massage (\$130 for 85 minutes) in one of the special wooden pagoda huts, where the huge windows are simply covered with a light mesh to keep the bugs out and the mountain air flowing in. Lie naked on the table (heck, Reno doesn't care), and have a hippy slowly massage every knotted muscle from your body. Watch the birds fly by and commune with nature. An hour and a bit later, wobble off the table and head to one of the private sparklingly clean spa pools, lie naked in the sun being lightly pummelled by the water jets, and wonder what else life is really about, man.

**Perfect for:** control freaks out of touch with nature.  
Ten Thousand Waves Spa, Santa Fe, New Mexico, United States. Tel: +1 505 982 9304.



Bottom of the deep: nudity is positively encouraged at Ten Thousand Waves although some clients are stayer than others